



# Activity Booklet

TO HELP YOU WALK AND BIKE SAFELY TO SCHOOL



**SNAP**<sup>TM</sup>

Student Neighborhood  
Access Program

# Bike Check: Check List

You should always perform a bike check before biking to school. See if you know all the steps to make sure your bike is ready to ride.

1. Shake the bike with **these** to make sure no parts are loose.

2. Check **this** to make sure it doesn't wiggle around.

1. ....

2. ....

3. Squeeze **these** to make sure they are hard and full of air.

4. Check **these** to make sure they're stopping the wheels.

3. ....

4. ....

## \*BONUS:

What should you wear every time you ride your bike or scooter?

\* .....



Download SNAP's "Ride One" song free at [udot.utah.gov/snap](http://udot.utah.gov/snap).



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## \*Note to Parents

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## Safety Scramble

Unscramble the following words to remind you of the things you know about safe walking and biking.

1. asefyt \_ \_ \_ \_ \_
2. xseireec \_ \_ \_ \_ \_
3. nasp apm \_ \_ \_ \_ \_
4. ksaroslcv \_ \_ \_ \_ \_
5. kbie hceck \_ \_ \_ \_ \_
6. mlehte \_ \_ \_ \_ \_
7. hribtg scloor \_ \_ \_ \_ \_
8. olok tboh sway \_ \_ \_ \_ \_
9. feas utore \_ \_ \_ \_ \_



## Construction Safety Story

Sometimes, even when you're following your SNAP Map, you may come across things you don't expect when walking or biking to school. Use the clues below each line to fill in the blanks with any words you choose, and then read the story about being safe near construction.

Last \_\_\_\_\_, \_\_\_\_\_ met me at my house so we could walk to school together.  
(day of the week) (name of friend)

We were following the safest route on our SNAP Map when we saw a \_\_\_\_\_  
(adjective) (color)

construction truck drive by. We looked down the \_\_\_\_\_ sidewalk and saw construction  
(adjective)

workers \_\_\_\_\_ sidewalks and digging up \_\_\_\_\_. There was no way we  
(verb ending with -ing) (thing)

could \_\_\_\_\_ on the sidewalk — it would be too unsafe. We turned around, crossed the  
(verb)

\_\_\_\_\_ at the crosswalk and made it to school safely. Tomorrow, we will defi-  
(thing)

nately \_\_\_\_\_ to school again. It was \_\_\_\_\_!  
(verb) (adjective)

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Download the "SNAP, Walk 'n Roll" theme song and the "Watch Out" construction song at [udot.utah.gov/snap](http://udot.utah.gov/snap).



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# Safety Signs Search

Do you know the traffic signs and signals that can help you when you are walking or biking to school? Fill in the blanks and then find those words in the word search.



1. This sign has eight sides and is painted red. When you're walking or riding your bike or scooter, it tells you to.....



2. A traffic light has three colors: red, yellow and.....  
The colors tell you what to do — yellow means go slow; red means stop; green means.....



3. Yield is a sign that means you don't have to stop, but you must go .....



4. A pedestrian crossing sign shows you where it's safe to ..... the street.



5. At ..... crossings you should listen for trains and look each way before crossing.

6. Every time you cross a street you should always stop and look each way. Look left, then look right, then look ..... again to make sure you see all moving objects.



J	T	U	K	T	W	P	C	N	R
G	N	U	Q	Z	V	O	F	Q	A
G	L	Q	S	H	P	T	A	O	I
N	E	E	R	G	O	S	X	B	L
I	P	F	W	M	S	P	S	R	
D	K	S	S	O	R	C	B	S	O
N	C	G	E	L	G	T	O	X	A
R	L	W	Q	S	W	H	O	X	D
L	A	L	L	H	B	G	M	O	U
W	N	P	E	T	F	E	L	M	V

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Download SNAP's "I Know My Signs" song free at [udot.utah.gov/snap](http://udot.utah.gov/snap).



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# SNAP Map Adventure

Walking to school can be an ADVENTURE, especially if you know the rules of the road and follow the safest route on your SNAP Map, which you can get from your principal. Follow the directions in the key to identify things on the sample map below that will help keep you safe.

## MAP KEY:



1) Color the house green.



2) Draw two crosswalks near the school where it is safe to cross the street.



3) Color all stop signs on the map red.



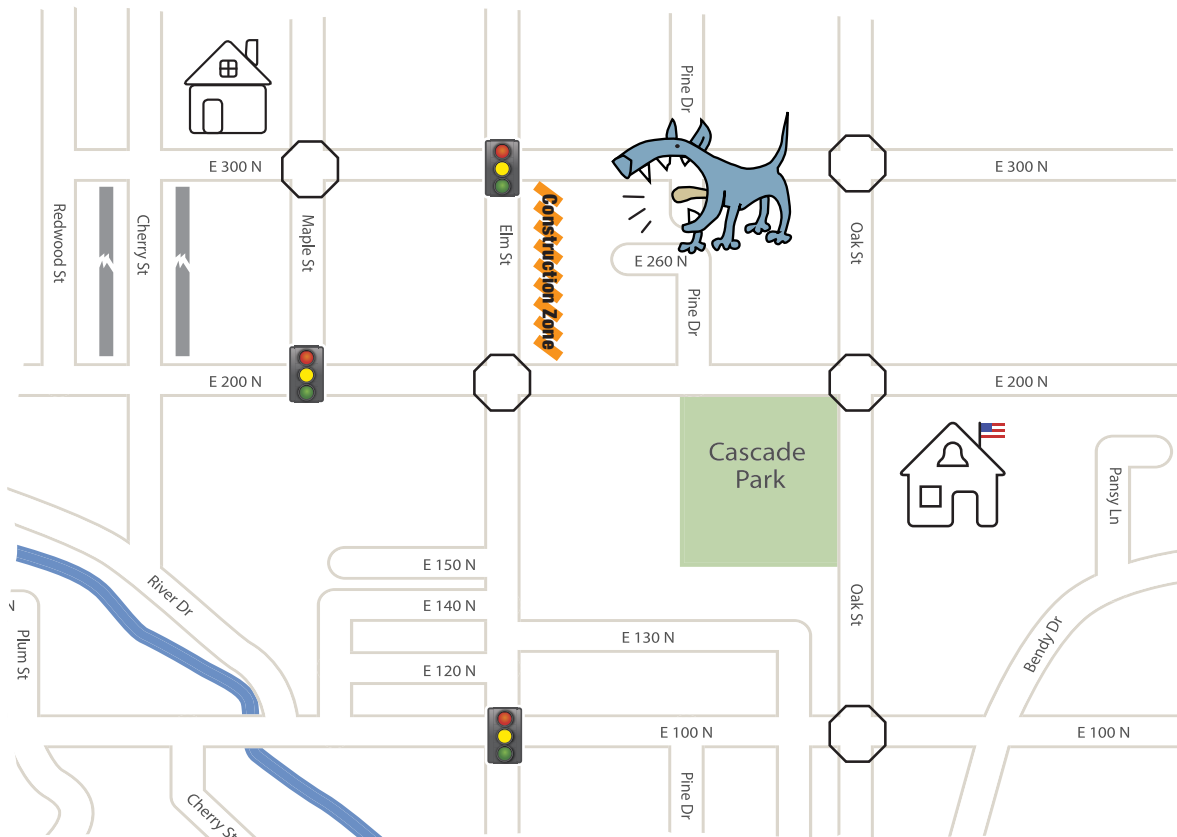
4) Color the school blue.



5) Circle all of the traffic lights where you need to wait to cross until you see a pedestrian crossing signal.



6) Draw an X on danger areas of the map that you should avoid when walking or biking to school.



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## Jumpstart Your Day: Quick Quiz

- TRUE or FALSE** Walking or biking to school is good for your body.
- TRUE or FALSE** Riding in a car gives you exercise and keeps you healthy.
- TRUE or FALSE** When you walk or bike to school, your body feels energized.
- TRUE or FALSE** Walking or biking to school instead of riding in a car helps you feel more awake and do better in school.



### Color for Safety

Wearing bright colors can help drivers see you when you're walking or riding your bike to school. You can wear a colorful scarf or tie a bright ribbon on your backpack on days you wear darker colors. **Color Danny so he can be safe and be seen on his way to school.**

Is there anything in this picture Danny shouldn't be wearing when walking or biking to school? **Draw a circle around the item that is unsafe to use when walking or biking.**



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